

BSB SHUNYI MENU

EAT LEARN LIVE								
	Monday	Tuesday	Wednesday	Thursday	Friday			
	29-Apr-24	30-Apr-24	01-May-24	02-May-24	03-May-24			
Italian offer & Promotion Day	Holiday	Holiday	Holiday	Noodle Special Day				
				Chinese Noodle Pork Soy Bean Paste	Beef Lasagna			
				Chinese Noodle Tomato Egg Sauce	Z-rou Vegetable Lasagna			
Asian From The Wok/Noodle Station						Sweet Sticky Ball With Egg	Mixed Mushroom Soup	
						Light Stewed Chicken Vegetables	Chashao Pork	
						Spinach & Onion	Sauteed Fired Tofu w/t Mushroom Bamboo Shoot	
						Rice	Fried Chinese Pancake & Vegetable	
Western Station							Onion soup	Potato & Leek Soup
							Grilled Pork Steak With Rosemary Sauce	Curry Chicken
				Cauliflower Gratin	Roasted Pumpkin			
				Rice	Rice			
Vegetarian (Egg, Dairy)				Dry Tofu Mushroom Stew	Z-rou (Soy protein) Vegetable Lasagna			
PS-MS Sandwich				Tuna or Salami	Ham cheese or Smoked Chicken			
HS Sandwich				Sandwich Bar	Sandwich Bar			
Dessert				Plain Muffin	Banana Cake			

Nutritional reading :	Energy 热量 (Kcal)	Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)	Salt(mg)
每厨营养分析	803	30	110	27	912
Nutritional Recommendation:					
营养建议	785	30	110	25	900

BSB SHUNYI MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	06-May-24	07-May-24	08-May-24	09-May-24	10-May-24
Italian offer & Promotion Day			ITALIAN DAY	Noodle Special Day	
	Fusilli Pesto Sauce	Italian Sausage Pizza & Cheese Pizza	MINISTRONE WITH BEANS	Beef Noodle Soup	Spaghetti Bolognaise Sauce
	Fusilli Tomato Provence Sauce	Mixed Vegetable Salad	SPAGHETTI WITH CHICKEN PEPPERS AND SHRIMPS & EGGPLANT PARMIGIANA	Vegetarian Egg Noodle Soup	Spaghetti Z-rou Bolognaise
Asian From The Wok/Noodle Station	Spinach Egg Soup Chinese BBQ Pork Slice Onion (Tie Ban Chao kao Rou) Bok choy & Carrot With Fugus Rice	Seafood Soup Gongbao Chicken Poached Chinese Cabbage w/t Mushroom Bamboo Shoot Rice	Winter-melon Dry Shrimp Soup Sauteed Chicken Mushroom Pasta Cauliflower & Tomato Sauce Rice	Zucchini Egg Soup Roasted Chicken Thai Style Poached Sichuan Cabbage (gai cai) Rice	Noodle Vegetable Soup Mu'xu Chicken w/t Egg Cucumber Sauteed Potatoes With Green Pepper Rice
Western Station	Mushroom Soup Hawaiian Roasted Chicken Pineapple Sauce Sweet-corn & Peas Rice	Green Pea Soup Grilled Fish Lemon Butter Sauce Broccoli & Carrot Vegetable Samosa	Creamy Carrot soup Roasted Pork Honey Mustard Sauce Spinach & Onion Rice	Spinach Soup Beef Cottage Pie Green Pea & Carrot Rice	Creamy Pumpkin Soup Picata Chicken Grilled Vegetable Rice
Vegetarian (Egg, Dairy)	Vegetable Dumpling	Gongbao Tofu Vegetables	Vegetable Mushroom Pasta	Z-rou Cottage Pie	Spaghetti Z-rou bolognaise
PS-MS Sandwich	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken
HS Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
Dessert	Butter Cake	Orange Cake	Banana Muffin	Strawberry Cake	Peach pie

Nutritional reading :	Energy 热量 (Kcal)	Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)	Salt(mg)
每周营养分析	746	33	95	26	1059
Nutritional Recommendation:					
营养建议	745	30	100	25	950

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	13-May-24	14-May-24	15-May-24	16-May-24	17-May-24
Italian offer & Promotion Day			CHINESE DAY	Noodle Special Day	
	Penne Carbonara sauce (bacon & mushroom)	Pork Pizza & Cheese Pizza	XINJIANG STEWED CHICKEN VEGETABLES	Chicken Mushroom Rice Noodle Soup	Beef Lasagna
	Penne Tomato Provence Sauce	Mixed Vegetable Salad	SICHUAN HOT POT WITH PORK SEAFOOD BALL POACHED VEGETABLE (MA LA TANG) CHINESE PANCAKE (SHOU ZHUA BING)	Vegetarian Rice Noodle Soup	Z-rou Vegetable Lasagna
Asian From The Wok/Noodle Station	Mushroom Bean curd Soup Sautéed Duck w/t Mushroom Sweet Soy Paste (Jiangbao 肉末) Stewed Winter Melon W/t Dry Shrimp Rice	Tomato & Egg Soup Chinese Dumpling (Pork) Fried Dry Tofu Zucchini Rice	Sweet Corn Soup Braised Pork Taiwan Style Fried Triangle Tofu Vegetables (Jia Chang Dou Fu) Rice	Hot-chilli Soup Roasted Chicken Drumstick Fried Guangdong Cabbage Rice	Spinach Egg Soup Yu Xiang Rou Si Fried Cabbage & Agaric Rice
Western Station	Borscht (luo'song) Soup Chicken Curry With Vegetable Broccoli Gratin Rice	Creamy mushroom Soup Roasted Chicken With Gravy Onion & Carrot Sweet Corn	Creamy Tomato Soup Fried Chicken Fillet Mixed vegetables Baked Potato & Cheese	Onion Soup Pork Goulash Roasted Pumpkin Rice	Minestrone Soup Slow Cook Chicken Casserole Sautéed Vegetable Sticks Baked Potato Wedges
Vegetarian (Egg, Dairy)	Vegetarian Curry With Dry Tofu	Vegetarian Dumpling	Braised Tofu Taiwan Style	Z-rou Vegetable Goulash	Z-rou (Soy protein) Vegetable Lasagna
PS-MS Sandwich	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken
HS Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
Dessert	Vanilla muffin	Peach Sponge Cake	Chocolate Cake	Apple Crumble	Banana cake

Nutritional reading:	Energy 热量 (Kcal)	Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)	Salt(mg)
每周营养分析	728	30	98	24	850
Nutritional Recommendation:					
营养建议	740	30	100	24	800



BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	20-May-24	21-May-24	22-May-24	23-May-24	24-May-24
Italian offer & Promotion Day			BRITISH DAY	Noodle Special Day	
	Fusilli Pesto Sauce	Hawaiian Chicken Pizza & Cheese Pizza	QUEEN VICTORIA'S BROWN WINDSOR SOUP	Shan'xi Noodles Stewed Pork Sauce	Spaghetti Beef Bolognaise
	Fusilli Tomato Provence Sauce	Mixed Vegetable Salad	TRADITIONAL SCOTTISH ARRAN POTATO SALAD BRITISH FRIED FISH WITH TARTAR SAUCE	Vegetarian Noodle Soup	Spaghetti Z-rou Bolognaise
Asian From The Wok/Noodle Station	Red Tomato Egg Soup Sautéed Sliced Pork Black Pepper Sauce Sautéed Potato Carrot Custard Bun	Seaweed Soup Korean Fried Chicken Vegetables Sautéed Green Vegetables (You mai cai) Rice	Korean Vegetable Soup Sautéed Chicken w/t Pepper Oyster Sauce Light Stir-fried Cauliflower Rice	Tremella lotus soup Roasted Chicken Lemon Grass Paste Stewed Radish Oyster Sauce Rice	Pork Meat ball & Radish Soup Fried Egg With Ham Vegetable Rice Sautéed Tomato & Egg Rice
Western Station	Potato Leek Soup Fried Chicken Pop Corn Sautéed Sour Cabbage Rice	Mushroom Soup Roasted Pork Lion Onion Garlic Mushroom on top Fried Carrot & Baby corn Sautéed Vegetable Noodles	Creamy Tomato Soup Hot Dog(Pork Sausage) Roasted Potato Cubes Baked Beans	Pumpkin Soup Roasted Pork Lion BBQ Sauce Ratatouille Roasted Sweet Potatoes	Broccoli Soup Tendori Chicken Mixed Vegetable Gratin Rice
Vegetarian (Egg , Dairy)	Z-rou Beanballs With Gravy	Sautéed Vegetable Noodles (No Egg)	Mixed Bean Burger	Vegetable Wraps	Spaghetti Z-rou bolognaise
PS-MS Sandwich	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken
HS Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
Dessert	Carrots cake	Apple pie	Brownies	Bread pudding	English muffin

Nutritional reading :	Energy 热量 (Kcal)	Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)	Salt(mg)
每周营养分析	687	31	89	23	909
Nutritional Recommendation:					
营养建议	727	30	100	23	800



BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	27-May-24	28-May-24	29-May-24	30-May-24	31-May-24
Italian offer & Promotion Day			SINGAPORE DAY	Noodle Special Day	
	Penne Pork Carbonara sauce (Bacon & Mushroom)	Pork Salami Pizza & Cheese Pizza	CHICKEN LIGHT SOUP	Chinese Noodle Pork Soy Bean Paste	Beef Lasagna
	Penne Tomato Provence Sauce	Mixed Vegetable Salad	HAINAN CHICKEN RICE WITH CHINESE KALE CUCUMBER SALAD	Chinese Noodle Tomato Egg Sauce	Z-rou Vegetable Lasagna
Asian From The Wok/Noodle Station	Minced Chicken Vegetable Congee Pineapple Chicken Peppers (Bo Lou Gu Lao Rou) Stew Eggplant & Tomato Rice	Dry-Shrimp Baby Cabbage Soup Roasted Teriyaki Chicken Light Stir-fried Vegetable Rice	Pumkin Millet Congee Soup Pork Meatball & Mushroom Sauce Bean Sprout With Sweet Potato Noodles Rice	Sweet Sticky Ball With Egg Light Stewed Chicken Vegetables Spinach & Onion Rice	Mixed Mushroom Soup Chashao Pork Sauteed Fired Tofu w/t Mushroom Bamboo Shoot Fried Chinese Pancake & Vegetable
Western Station	Sweet-corn soup Roasted Porkloin & Mushroom Brown Sauce Poached Cabbage & Carrot Spring Rolls	Minestrone Soup Stewed Beef Italian Style Zucchini & Carrot Rice	Broccoli soup Roasted Chicken Drumstick Mixed vegetables Roasted potato Cubes	Onion soup Grilled Pork Steak With Rosemary Sauce Cauliflower Gratin Rice	Potato & Leek Soup Curry Chicken Roasted Pumpkin Rice
Vegetarian (Egg, Dairy)	Pineapple Z-rou Nuggets Vegetables (Sweet Sour Sauce)	Fried Tofu Vegetable Stew	Z-rou Ball Mushroom Sauce	Dry Tofu Mushroom Stew	Z-rou (Soy protein) Vegetable Lasagna
PS-MS Sandwich	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken
HS Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
Dessert	Raisin Butter Cake	Chocolate Cake	Lemon Cake	Plain Muffin	Banana Cake

Nutritional reading :	Energy 热量 (Kcal)	Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)	Salt(mg)
每厨营养分析	803	30	110	27	912
Nutritional Recommendation:					
营养建议	785	30	110	25	900